

National Seniors

AUSTRALIA

Words of Wisdom

The truth is realised in silence. In silence, our true nature reveals itself — more profound than words or thought. It is known through experience— your own experience—& once you experience this mysterious truth, from the depths of your being will come forth a silent-knowing, a deep trust in the universe, an understanding that all is well, & a peace that follows you everywhere you go; the “peace which passeth all understanding,” because it is a peace that has no logical explanation, but is nonetheless experientially present & profound.

— Joseph P. Kauffman

WELCOME!

You'll find a friendly atmosphere for seniors at our monthly meetings. We invite informative Speakers on topics of interest to Seniors. We also provide morning tea and time for friendly socialising. Our Perth Branch has a program of inexpensive outings during the year. Monthly cost \$5.00 also gives you a free ticket in the monthly raffle.

PERTH BRANCH



March 17 is the anniversary of the death of Saint Patrick in the year 461. The patron saint of Ireland, Patrick was born in the 4th century in England. He was kidnapped at age 16. While a captive, he worked as a shepherd. Through prayer, he strengthened his relationship with God, eventually converting to Christianity. After six years of captivity he heard a voice telling him that he would soon go home to Ireland, and then that his ship was ready.

Perth Branch Next Meeting

Friday 5 April 2024

10 AM

You're welcome! Bring a friend!
Call 0429-482-921 - for catering purposes



President Terry Flanagan's Report

Circumstances arose that made it impossible to have our Branch meeting in February. Both the Vice President and myself were unable to attend.

I visited my former students in Cambodia and welcomed the birth of a young son. The family already have three lovely daughters who contact me regularly on WhatsApp.

The other student has just finished a Law Degree and also has a baby son. His first child Monica is a regular visitor on WhatsApp doing her lessons for me. I also teach a student who is preparing for University Entrance. So a lot of pleasure and having been with them in this happy time.

I have asked Terry Quinn to contact our proposed guest speaker to come to a later meeting, as I know members will enjoy and appreciate the work Christine Choo has done for many years in WA.

Once again my regrets for the cancellation, but as, the Irish Theologian said *"The Heart has its reasons."*

Our Vice President Adolph already has in plan and in place a good Social Calendar for members in what I'm sure will be a worthwhile year.

TERENCE FLANAGAN PRESIDENT

From Slave to Patron Saint of Ireland

Captivity & slavery focused Patrick's faith & led him to convert the whole island. Yet, he was humble, as we read in his 'Confessions,'
 — *"I, Patrick, am a sinner, the most uncultured & smallest among all the faithful, indeed many people consider me to be worthless."* Patrick was born in Britain & lived on a small estate that once housed Roman legions. The son of a Catholic deacon, he did not take his faith seriously until his sixteenth birthday, when Irish slavers captured him, & shipped him off to Eire.

Patrick saw his captivity as God converting his heart. While tending sheep, he prayed ceaselessly. Then, after six years Patrick heard a voice in a dream tell him he would return to his country. Then the voice said his ship was ready.

So Patrick ran away, knowing he faced death if captured. But with God directing his path, he says he made the journey without fear. Patrick returned home, where he was received *"like a son."* His kin & friends hoped he would never leave. Yet, years later, God pulled his heart & his thoughts back to Ireland.

In a dream he heard, *"We implore you, O holy boy, to come here & be with us."*

Patrick returned to Ireland only in his forties or fifties, as he was "uncultured" & "uneducated." His formal education ceased when captured, & he had yet to become a priest & then a bishop capable of carrying out his grand mission.

A high chief heard of Patrick & sent him a magnificent copper cauldron. When his man returned, he asked how Patrick reacted to the precious gift. The man replied that Patrick said simply, *"Thanks be to God!"* The chief felt slighted that Patrick had not thanked him, told his man to go take the cauldron back. Patrick's response? *"Thanks be to God!"*

The chief decided that a man who thanked God whether a great good was given or taken away was a man he wanted to meet. They met. Patrick introduced him & his people to Christ.

Here is an excerpt from Patrick's "Breastplate," inspired by his love of Christ & the words of Isaiah 60:1.

Christ with me,
 Christ before me,
 Christ behind me,
 Christ in me,
 Christ beneath me,
 Christ above me,
 Christ on my right,
 Christ on my left,
 Christ when I lie down,
 Christ when I sit down,
 Christ when I arise,
 Christ in the heart of everyone who thinks of me,
 Christ in the mouth of everyone who speaks of me,
 Christ in every eye that sees me,
 Christ in every ear that hears me,

I arise today through a mighty strength,
 The invocation of the Trinity,
 Through a belief in the threeness,
 Through a confession of the oneness,
 Of the Creator of Creation.

Amen

FOR YOUR CALENDAR

Friday 5 April Meeting
Guest Speaker: Dr Christine Choo, first Executive Officer, Aboriginal Medical Service

Friday 3 May Meeting
Guest Speaker: Jasmyrn Hutin, External Affairs and Communications Manager, Orana House

Wednesday 3 April – La Spata Open Garden and lunch at Last Local pub

FORTHCOMING GUEST SPEAKERS

Guest Speaker: Friday 5 April 2024

Topic: "From Penang to Perth"

Dr. Christine Choo, is a historian, social worker, researcher and author. Her address is titled, *"From Penang to Perth"*. Christine will share reflections on her journey from Penang, Malaysia to Australia and to Perth. When her parents decided to migrate to Australia in 1967, she came reluctantly. But things changed. She writes, *"In the process, I moved from training and graduating as a social worker, to becoming a social researcher and an historian with special interest in Western Australian history, particularly the contribution of indigenous people, migrants, missions and minority groups."*

In addition to social work qualifications, Christine focused on "Adoption practices in Australia" for a Master's degree and in 1996 a UWA doctorate entitled *"Aboriginal Women on Catholic Missions in the Kimberley, Western Australia."*

Guest Speaker: Friday 3 May 2024

Topic: Orana House - a Family Domestic Violence service provider

Jasmyrn Hutin, External Affairs & Communications Manager, Orana House. She speaks to the important work of Orana House in creating a community free from domestic violence.

Orana House is a local grassroots Family Domestic Violence (FDV) service provider originating as a refuge in Bayswater in 1989, with a Centre in Noranda and a new office in The Rise, Maylands.

Five families can receive emergency housing in the Refuge. Many FDV support and educational services are provided.

FORTHCOMING EVENTS

SALTBUSH TAFE TRAINING RESTAURANT & SEBA'S SONG, MANDURAH: WEDNESDAY 6 MARCH

* Organised By : National Seniors, Perth Branch

* Contact Person: Adolph de Sousa mob 0413129707 or adolphdesousa@hotmail.com

* * Description: This day trip is planned for 6 March 2024 departing by bus from the George Burnett Leisure Centre (GBLC), Manning Road, Karawara at 9.45 am and returning at approximately 3.00pm for Members and Guests in the Southern suburbs. Members and Guests in the Northern suburbs depart by bus from Mount Claremont Community Centre at 9.15 am and return approximately 3.15pm. Travel to see Thomas Dambo's creation of a Giant: Seba's Song, at Wannanup open sculpture for 30 minutes. Next travel to Saltbush TAFE Training restaurant in Mandurah for the 3-course lunch at \$35.00 per person, excluding drinks. After lunch leave Mandurah before 2.00pm arriving back at the GBLC by 3.00pm or Morley bus station at 3.15pm

* Cost: Members: \$40.00 for lunch and transport. Guests: \$45.00. Numbers limited by bus capacity to 40 persons. Menu choice including special dietary requests will be collected after 19 February.

* Procedure: Members and guests can make arrangements for a bank transfer by Monday 19 February 2024

Bank Transfer details are as follows:

BSB Number: 016 499

Account Number: 488094089

Account Name: National Seniors Association Perth Branch

Ref: Your Surname and the word Saltbush



**A few members against Seba's Song – the
Giant we are going to see on the 6th of March**

LA SPATA LANE, CANNING VALE: WEDNESDAY 3 APRIL

* Organised By: National Seniors, Perth Branch

* Contact Person: Adolph de Sousa mob 04131290707 or adolphdesousa@hotmail.com

* Description: An Open Garden whose owner, Jude Scott, will explain the results of her labour of love in this lush property in suburban Canning Vale. Stroll through the garden and there is an art studio where one can buy pieces of art. This event involves bus hire and going to a Seniors Lunch at a restaurant/pub within the vicinity of the Open Garden. Cost: Garden Entry fee of \$5.00 per person, which will include, a cup of tea. Part proceeds supports the Kids Cancer support at the Children's Hospital.

Departure from the George Burnett Leisure Centre, Manning Road, Karawara on a bus at 9.45 and returning at around 2.00pm. Number of places will be limited by bus capacity to 22 places.

Finish the viewing of the Garden at 11.45 am and head for the Last Local pub and restaurant at 507 Nicholson Road, Canning Vale 6155. Order and pay for your own lunch and drinks. Lunch has an average cost of \$22.50. Menu choice will be provided after booking a place.

* Cost: Members \$10.00 to cover the cost of bus transport and Garden Entry. Guests \$15.00.

* Procedure: Members and guests can make arrangements for a bank transfer by Monday 25 March 2024

Bank Transfer details are as follows:

BSB Number: 016 499

Account Number: 488094089

Account Name: National Seniors Perth Branch

Ref: Your Surname and the words La Spata

For those who do not do online banking transfers a desk will be set up at the regular Meeting on Friday 1 March to collect cash.

Perth Branch / Ref: Your Surname and the words La Spata

Don't do online banking transfers? A desk will be set up at the Friday 1 March to collect cash.

Prostate Cancer Foundation of Australia

“The four representatives from PROST - an exercise support group of the Prostate Cancer Foundation of Australia Inc. provided a comprehensive outline of the prostate disease from an experiential point of view. Not only did they mention the process leading to the procedure or surgery but also the post operative recovery process involved so that men can ultimately aim to achieve a preoperative condition and attitude to life.

Jeff Leach is a pharmacist and a property developer, chairman of the JJ Leach Group and founding member of the PropTech Hub. As the current chairman of PROST he spoke of his work with the health and social issues dear to his heart. **Vian Botma**, and **Zac Prince** are exercise physiologists who have worked with a wide variety of demographic exercises in the right way. They use *exercise as medicine* to recovery. **Ross Campbell** spoke of the program itself for men with prostate cancer and the need for a considered post treatment plan. PROST provides gym sessions and social gatherings which enable participants to connect with other men in their area who are dealing with prostate cancer.”



Zac Prince & Vian Botma, Exercise Physiologists, Ross Campbell Member, PROST and Jeff Leach, Chairman of PROST with Terry Flanagan, Terry Quinn and Curtis Clark

Dear Members and Friends of National Seniors Perth Branch

At yesterday's meeting of the National Seniors, Terry Quinn, our Branch Network Forum (BNF) representative explained that the BNF had cleared the request from the WA based researcher for the Aged Care Volunteer Visitors Scheme (a Monash University Research project).

The WA based Researcher's name is **Natalie Wray** and she wrote to us seeking participants for their national study, whose lead researcher is, **Dr Barbara Barbosa Neves**, Survey Co-lead and Lead Investigator, in the School of Social Sciences at Monash University. The study has been cleared by the Human and Research Ethics Committee of Monash University. The aim is to inform Government on policy issues related to these services.

It was explained that Natalie Wray required a minimum of **50** persons to participate in the study from WA and so far she had about 17. If you are involved in an Aged Care package or is a person caring for an aged care person you might be interested in contacting Natalie directly.

A further **explanatory statement** from the Lead Researcher is attached to this email.

A PERSONAL REQUEST

My name is Natalie Wray. I live in Dianella with my family. I'm also a research officer for the Aged Care Volunteer Visitors Scheme (ACVVS) Evaluation Study at Monash University.

*I am writing to you on behalf of our team of researchers. We are conducting a study on behalf of the Commonwealth Department of Health and Aged Care and need your help to recruit older people, who receive a **Home Care Package** or a **government-subsidised residential aged care package**.*

Participation involves completing a survey, either face to face with me (I can visit individuals at home or meet up at another location) or online. The link to the survey is: https://monash.az1.qualtrics.com/jfe/form/SV_74dY7ksVXn8vCQK

NATALIE WRAY

Research Officer

Aged Care Volunteer Visitors Scheme (ACVVS) Evaluation Study

E: Natalie.Wray@monash.edu

M: 0431 825 943

BRANCH MATTERS 2023-2024 OFFICERS

President:	Terry Flanagan	0429 482 921
Vice President:	Adolph de Sousa	0413 129 707
Secretary:	Rod McLaren	0412 678 050
Treasurer:	Chappie Lobo	0435 583 229
Catering:	Terri McLaren	0438 862 520
Feature Article:	Doug Conlan	0408 080 560

OUR INCORPORATION AND BUSINESS NUMBERS

Our Registration Number under the Association Incorporation Act is A1001978T
Our Australian Business Number (ABN) is 46 458 848 637

OUR WEBSITE AND OUR EMAIL ADDRESS

Our website is at: <https://nationalseniors.com.au/get-involved/branches/perth>

Bookmark it for easy reference

You will find our Newsletters there which you can conveniently download.

You will also find an Events tab briefly stating the dates of future outings. Clicking the Event of your interest will enable you to get more information on the event and also any flyer if available.

Finally, our Photo Gallery will have photographs of our latest events or outings.

Our Email address: PerthSeniors@gmail.com

For the payment Events etc. use our local branch account

Account Name: National Seniors, Perth Branch

BSB Number: 016 499

Account Number: 488094089

Ref: Your Surname and keyword of the Outing

Please include Surname and keyword in the transfer.

Do NOT combine payments for multiple functions, only pay for one function at a time.time.

NATIONAL SENIORS AUSTRALIA

NSA is an advocacy group for the over 50s representing issues at WA and National levels. If you have an issue that you would like the NSA Policy Group to consider fill out the online form to start the process. <https://nationalseniors.com.au/research/share-your-story>

Membership Renewals and New Membership One year – \$49.50 single or \$80 joint membership.

Two years – \$88 single, or \$143 joint membership

Three Years - \$120 single, or \$180 joint membership.

Five years – \$220 single, or \$325 joint membership.

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this by one of these three options via the website: <https://nationalseniors.com.au>. Login and pay online using a debit or a credit card.

Through your phone:

Phone them on 1300 765050 or 073233 9191 they will be able to find your membership details and debit your account for the membership payment.

If New Membership they will collect details on the phone and charge your account.

By cheque:

the postal address is:

GPO Box 1450,

Brisbane,

Queensland 4001

Please make sure you include your name, club, and the reason for the cheque.

THE BRANCH NETWORK FORUM IS HOSTING AN NSA WORKSHOP ON MONDAY 11 MARCH 2024

The BNF is hosting a workshop to be delivered by Chris Grice, CEO and Karen Furnival, Community Engagement Officer from the Brisbane Head Office. This workshop will be held at the Large Conference Room, Citiplace, on Monday, March 11th at 1.00p.m. The BNF has decided that numbers will be limited to the current BNF representatives from the Branches and two other members. If any member wishes to participate in this workshop please contact Terry Flanagan on 0429 482 921 so that he may provide you with further details about the Workshop Agenda and the directions to get to Citiplace.